

around here to provide benefits, and the traditional nuclear family is left out of those benefits; be it an increase in the earned income tax credit or flooding more money into low-income housing, increases in food share, increases in Pell grants, increases in childcare.

All of these programs an average married couple are not eligible for because in the traditional family, usually at least one parent and sometimes two are working. In order to be eligible for these programs, you have to put yourself in a position in which you are considered in poverty, and if you are in poverty, you are eligible for governmental assistance.

I had a woman in my district who had two children who were both \$30,000, \$40,000 in debt from going to college complain why did her sister's kids get free college while her own kids are stuck paying off their debt? She was proud of her children; she was proud they were current on their student loans, but it didn't seem right to her that her niece, who was raised in a nontraditional family, or what Black Lives Matter would consider a traditional family, her niece got free college paid for by the government, whereas her kids had to work to pay off the student loans.

I hope in the future, as we dole more money out of this place, we stop discriminating against and showing hatred for the traditional family. I will point out, that I think over time more and more Americans are catching on to the idea that materially they can get benefits that they wouldn't get if they didn't get married.

I will point out some statistics on SNAP benefits. Between 1996 and 2016, a 20-year gap—and these are both years in which the economy is doing well, so I am comparing apples to apples—the number of people on SNAP jumped up from about 25,000 to 44,000. Taking those two years, about a 50 to 60 percent increase in the number of people on SNAP.

Now, we have to make sure people can eat. I realize all people can go through a tough time in their lives, where there are some people who may have mental problems or such, that makes it very difficult to hold a job, but when you have a 50 to 60 percent increase in 20 years on the number of

people who have arranged their life that they are eligible for SNAP, people better wake up because we are destroying the traditional family in America.

I hope in the future the majority party, as they put together more budgets, or if the Republicans ever get the majority, when they get the majority, that they would begin to look at this problem. It is not a new problem that gets press like a surge at the border will get press or a disaster in Kyiv will get press, but it is an ongoing problem as we eat away at the traditional nuclear family of this country, and it is being eaten away by the programs that are passed by this Congress. I hope if the Republicans take control, even though it is not a sexy issue because it is an ongoing issue, I hope they do something about this hatred or discrimination against the traditional family.

Now, I will make one more point, I make it as much as I can, before I leave this podium today. One more time I am going to talk about vitamin D. In part I am going to talk about it because there was an expert in vitamin D who I ran into last night from Maryland who, again, brought up that he felt he had a cocktail which was about 100 percent successful in curing people from COVID if they get it.

If any of the Speaker's office is paying attention, I would be happy to give them the name of this individual. Maybe it is something that should be given to the Speaker.

But the new cocktail, in part, is based on substantial amounts of vitamin D. A week and a half ago I talked to Dr. Dror of Israel who commented on the importance of being vitamin D sufficient. In his Israeli study, with a small number of people, he found that people who were vitamin D deficient were 11 times as likely to die of COVID if they were hospitalized as people who were not vitamin D deficient. He was using a very low threshold, 20 nanograms per milliliter. Eleven times more likely to die if you were vitamin D deficient.

I don't know what is wrong with our Department of Health and Human Services on this. I talked to Secretary Becerra. It is something that the American public should have been educated on 18 months ago. I personally have known nine people who have died

of COVID. I always wonder how many of those would still be alive today if they had done half as much to push vitamin D as they did with all the other advertising, pushing masks, pushing social distancing, what have you.

But with 500 people dying a day, it is still something that should be publicized. I have written a letter to Secretary Becerra; and 14 times less likely to wind up with serious COVID once hospitalized. Among people hospitalized, of the people who didn't have enough vitamin D—under 20 nanograms—25 percent died. If they had over 20 nanograms, 2.3 percent died who wound up hospitalized in Israel. Kind of dramatic numbers. News you can use.

Those are some of the comments or issues of the day that I think the press should be paying attention to. I thank the indulgence of staff for giving us the hour. Madam Speaker, I yield back the balance of my time.

ENROLLED BILLS SIGNED

Cheryl L. Johnson, Clerk of the House, reported and found truly enrolled bills of the House of the following titles, which were thereupon signed by the Speaker pro tempore, Mr. Beyer:

H.R. 5681. An act to authorize the reclassification of the tactical enforcement officers (commonly known as the "Shadow Wolves") in the Homeland Security Investigations tactical patrol unit operating on the lands of the Tohono O'odham Nation as special agents, and for other purposes.

H.R. 6968. An act to prohibit the importation of energy products of the Russian Federation, and for other purposes.

H.R. 7108. An act to suspend normal trade relations treatment for the Russian Federation and the Republic of Belarus, and for other purposes.

ADJOURNMENT

The SPEAKER pro tempore. Pursuant to section 11(b) of House Resolution 188, the House stands adjourned until 10:30 a.m. on Monday, April 11, 2022.

Thereupon (at 2 o'clock and 29 minutes p.m.), under its previous order, the House adjourned until Monday, April 11, 2022, at 10:30 a.m.

EXPENDITURE REPORTS CONCERNING OFFICIAL FOREIGN TRAVEL

Reports concerning the foreign currencies and U.S. dollars utilized for Official Foreign Travel during the first quarter of 2022, pursuant to Public Law 95-384, are as follows:

REPORT OF EXPENDITURES FOR OFFICIAL FOREIGN TRAVEL, DELEGATION TO ISRAEL, GERMANY, AND THE UNITED KINGDOM, EXPENDED BETWEEN FEB. 14 AND FEB. 22, 2022

Name of Member or employee	Date		Country	Per diem ¹		Transportation		Other purposes		Total	
	Arrival	Departure		Foreign currency	U.S. dollar equivalent or U.S. currency ²	Foreign currency	U.S. dollar equivalent or U.S. currency ²	Foreign currency	U.S. dollar equivalent or U.S. currency ²	Foreign currency	U.S. dollar equivalent or U.S. currency ²
Hon. Nancy Pelosi	2/15	2/17	Israel	1,110	(3)	1,110
Hon. Adam Schiff	2/15	2/17	Israel	1,110	(3)	1,110
Hon. Ted Deutch	2/15	2/17	Israel	1,110	(3)	1,110
Hon. Barbara Lee	2/15	2/17	Israel	1,110	(3)	1,110
Hon. Bill Keating	2/15	2/17	Israel	1,110	(3)	1,110